

THE ORCHARD SCOOP

Orchard Heights 5200 Chestnut Ridge Road
Orchard Park, New York 14127



November 2020

A month in pictures.....



We wore pink for Breast Cancer and held a delicious cupcake sale raising over \$250!



Our fabric pumpkins were such a hit!



Artists at work!

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A letter from the Administrator



Dear Residents and Families,

Please see below the most recent guidance for Orchard Heights. As the holidays get closer, we look forward to making them special, even in the most trying times. Thank you to everyone who has send ideas to our recreation department. We are happy you all are part of our team!

Have a wonderful November and Happy Thanksgiving,
Colleen Roy, Administrator

Below are guidelines for Orchard Heights Assisted Living Facility (“ALF”) during the COVID-19 pandemic.

Orchard Heights is not recommending residents leave the ALF for non-essential outside trips. However, if a resident does engage in a trip outside the ALF, all factors (including: risk of contracting the virus, potential spread of the virus, requirements upon return to the facility) are to be reviewed with the resident, family member or designee prior to any outside trip.

If any family member has a question or concern relating to the below guidelines, please refer them to the Director of Personal Care or the Administrator.

Resident Recreational Bus Trips Provided by the Facility

All recreation bus trip tours will be provided by the facility and will be scheduled at least 24 hours before the trip.

All recreation bus trip tours will not have planned “stops” – but rather will be “scenic drives” with no stops. Residents and staff must stay inside the bus at all times until they return back to the facility.

All recreation bus trip tours must establish and maintain a list of the staff and residents who attended. Facility will maintain on file the resident/staff name list for each trip.

All persons must maintain appropriate social distancing in the bus, and the bus cannot be occupied over 50% of its capacity, residents must have their own individual seat, and all residents and staff in the bus must wear a face mask during the entire trip.

Residents will not require a quarantine after the trip, unless an unexpected incident occurs during the trip which likely exposed the residents to COVID-19.

Resident(s) Leaving the Facility for Essential Medical Appointments

Any resident that leaves the facility for an essential medical appointment and is transported by facility staff will not require a 14-day quarantine after the trip, unless an unexpected incident occurs during the visit which likely exposed the resident to COVID-19.

If a family member is requesting to drive a resident to an appointment, please call the facility in advance for further guidance.

Resident(s) Leaving the Facility for Non-Essential Appointments

Resident(s) will have a 14-day quarantine period.

Best wishes for a terrific November Birthday

Residents

Al Cipriano	November 4
Marcia Walker	November 5
Barbara Wagner	November 6
Charlie O'Brien	November 8
Suzanne Johnson	November 9
Joan Keohane	November 9
Barbara Jo Hard	November 9
Dorothy Lussier	November 12
Grace Lesinski	November 12
Leda Pepe	November 13
Jacqueline Skakal	November 13
Dolores Wisniewski	November 19

Joan Schelble
Joan Osborne

November 27
November 30



Co-Workers

Tracy Baun
Latisha Gibbs
Kim Hein
Maria Hahmann
Brenda Paris
Shirley Spencer
Brian Murphy

November 2
November 7
November 9
November 11
November 13
November 17
November 26

The Writing Life

Many writers believe that stories are alive inside all of us, just waiting for the moment to come alive when the pen is finally put to paper. November is both Novel Writing Month and Memoir Writing Month, providing inspiration for writers to develop a fantastical fiction or share personal histories.

All peoples and cultures tell stories. It has been said that storytelling is an essential part of human nature and society. We use stories to establish social mores, preserve history, teach life lessons, explain the inexplicable, and entertain. The act of writing transposes oral stories into lasting works of art. This is a powerful act, one that defies even death, for written stories may last for centuries and even millennia after their creators are forgotten.

November 1 is Author's Day, a perfect day for self-reflection. What do you want to write? Is there a story inside you that you've been meaning to share? If you don't believe that you have a story worth sharing, think again. What is your fondest childhood memory? What moment most impacted your life? Remember, it is also human nature to find losses more powerful than gains. In many ways, sad stories about bad decisions or grave mistakes are just as compelling as those with happy endings. The writing process begins with a thought. The next step is to jot those thoughts down as notes. Only after you've amassed a wild jumble of ideas can you begin to organize them into the cohesive form of a memoir or novel. The human brain loves patterns. Organizing your thoughts into a beginning, middle, and end—creating a pattern—will help you create order out of ambiguity and could feel incredibly rewarding.

Most importantly, keep writing! November 15 is Love to Write Day, a good reminder halfway through the month, in case you've forgotten. Even if you never publish the book you are writing, research has shown that writing is a valuable tool for personal growth and healing. When you write, you nurture yourself, and that's worth more than the most expensive book contract.

Resident of the Month— Richard Campbell



Richard is being honored this month for his easy going personality. Originally from South Buffalo, he is the proud father of 2 sons and is also a grandfather. He worked for the IRS for many years. A coach also for many years, he enjoys sports especially the Buffalo Bills. In addition, he enjoys 60's music, gold, reading the newspaper and trivia. He was also a member and treasurer of the Hoppers club. Thanks Richard for all you for all of us and congratulations!

Resident of the Month-Patrick Mellody



Patrick is originally from Buffalo and is the proud father of two. He was in the construction business for many years and served in the United States infantry. He is an avid movie buff and is very generous in loaning out his collection. His interest is in part due to being an extra in the hit movie "Planes, Trains and Automobiles". When he is not watching movies or visiting with family and friends he also enjoys a good game of Rummikub. He is being honored this month for his kind, warm, generous spirit which he shares with everyone. Congratulations and thank you!

Co-Worker of the Month-Cassie Lesinski



We are honoring Cassie this month because she can be counted on to be cheery to all and to get the job done in an exemplary way. She takes excellent care of the residents and is an awesome team player, She lives in South Wales with her family including twin sister and little brother. Currently, she is enrolled in Erie Community College and will be entering their Nursing program Januarys. In her spare time she enjoys hikes in nature with her two dogs. For the past one and a half years she has enjoyed joking around with the residents. Thank you Cassie for all you do !

Thanksgiving Fun Facts

- The first Thanksgiving was celebrated in 1621 over a three day harvest festival. It included 50 Pilgrims, 90 Wampanoag Indians, and lasted three days. It is believed by historians that only five women were present.
- Turkey wasn't on the menu at the first Thanksgiving. Venison, duck, goose, oysters, lobster, eel, and fish were likely served, alongside pumpkins and cranberries (but not pumpkin pie or cranberry sauce!).
- Abraham Lincoln proclaimed Thanksgiving a national holiday on October 3, 1863. Sarah Josepha Hale, the woman who wrote "Mary Had A Little Lamb," convinced Lincoln to make Thanksgiving a national holiday after writing letters for 17 years.
- There are four towns in the United States named "Turkey." They can be found in Arizona, [Texas](#), [Louisiana](#), and North Carolina.
- The average number of calories consumed on Thanksgiving is 4,500.
- Butterball answers more than 100,000 turkey-cooking questions via their Butterball Turkey Hotline each November and December.
- The tradition of football on Thanksgiving began in 1876 with a game between Yale and Princeton. The first NFL games were played on Thanksgiving in 1920.
- A Thanksgiving mix-up inspired the first TV dinners.
- Americans prepare 46 million turkeys for Thanksgiving each year.
- America's first turkey trot took place more than a century ago.

Happy Thanksgiving

KNOCK KNOCK!"
"WHO'S THERE?"
"ARTHUR."
"ARTHUR WHO?"

★
"ARTHUR ANY LEFTOVERS?"

GH

WHY DID THE
POLICE ARREST
THE TURKEY?

★
They
suspected
fowl play.

Your Management Team!!

Administrator
Colleen Roy
Croy@hamistergroup.com

Admissions Director
Amy Ladowski
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Marketing & Sales Director
Julie Anderson
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Business Office Manager
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Director of Nursing
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Assistant Director of Nursing
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RN Case Manager
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Culinary Services Director
Denise Siuda
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Recreation Director
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Maintenance Director
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Housekeeping/Laundry
Erica Worley
eworley@orchardheights.com

Caring IS OUR
PRIVILEGE.